



Arizona
Department of Education



Tom Horne
Superintendent
of Public Instruction

Health and Nutrition Services

Mary Szafranski
Deputy Associate
Superintendent

Melissa Conner
CACFP Program Director

**Phoenix CACFP
Specialists:**
(602) 542-8700

Kenny Barnes

Jen Leftwich

Mandy McNeely

Dustin Melton

Tracey Nissen

Marilyn Smith

Joe Steech

**Tucson CACFP
Specialist:**
(520) 628-6775

Elsa Ramirez



Table Talk

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"Your children will see what you're all about by what you live rather than what you say." ~ Dr. Wayne Dyer

Calcium and Healthy Bones

The American Academy of Pediatrics (AAP) recently released a report on bone health and calcium-rich foods. In order to develop peak bone mass, adequate calcium intake during childhood is necessary. Children who don't consume enough calcium are at risk for fractures during adolescence and osteoporosis later in life. Unfortunately, dietary intake of calcium by children does not meet recommended levels. Less than 60% of children age three to five consume enough calcium. How much is enough? Ages 1-3 years need 500 mg/day; ages 4-8 years need 800 mg/day. In order to increase calcium consumption, it is important to be familiar with the sources of dietary calcium. Milk and other dairy products are the largest source of calcium in the diet. The AAP recommends that children consume three servings of milk, cheese and yogurt daily.

Why dairy foods? They offer calcium, Vitamin D, phosphorus and magnesium, which are all necessary for bone health. How can you find a food rich in calcium? Look for a food that contributes at least 100 mg of calcium in a serving. On the label, look for the Percent Daily Value, drop the % sign and add a zero, i.e. 45% Daily Value = 450 mg calcium. (Note: This only works with calcium.) How much calcium is in different products? 1 cup milk = ~300 mg; 1 cup non-fat fruit yogurt = 320 - 450 mg; 1 oz. Cheddar cheese = 150 mg; 1 oz. Swiss cheese = 270 mg; 1 cup cottage cheese = 160 mg; 1 cup calcium-fortified cereal = 300 mg; 1 6" corn tortilla = 50 mg; 1 oz almonds = 77 mg; 1 cup calcium-fortified orange juice = 300 mg. Adding 1 tablespoon of non-fat powdered milk to 1 cup of skim milk increases the calcium content by 94 mg, while adding only 27 calories. It is important to take in adequate calcium; if the diet does not provide enough calcium, the body will take the calcium from bones. Over time, these "withdrawals" can result in weaker bones and lead to fractures and injuries.

What about lactose intolerance? Try alternative products such as calcium-fortified foods, lactose-free and low-lactose milks, yogurt and cheese—Cheddar and Swiss are naturally low in lactose. Keep in mind that soy beverages are not a good source of calcium, unless they are fortified.

Your center can play an important role in helping children develop healthy eating habits that may be associated with adequate calcium consumption later in life.

Check out these web sites for more information: www.nationaldairycouncil.org and www.whymilk.com.



Are you getting enough fluid?

Warm weather will be here before we know it and it will be even more important to stay hydrated. Children who are busy playing may forget to drink water, so be sure to plan water breaks and offer water at snack. What are some other ways to add fluid? Of course, drinks such as milk or juice provide fluid, but there are also many foods that are good sources of fluid. These include watermelon, strawberries, oranges, peaches, lettuce, cucumbers, tomatoes, carrots and even yogurt.



10 Best Ways to Add Calcium to Kids' Diets

1. Drink milk
2. Make a smoothie using yogurt and fruit or milk and fruit
3. Add cheese to scrambled eggs
4. Mix fresh fruit with yogurt or serve yogurt as a dip for fruit
5. Add grated cheese to salads and veggies
6. Add a dollop of yogurt to pancakes, waffles and French toast
7. Make a parfait by layering yogurt, crushed cereal and fruit
8. Mix a cup of yogurt with taco seasoning for dunking veggies
9. Roll Monterey Jack cheese in a tortilla and dip in salsa
10. Use milk in cream soups and macaroni and cheese

Move It ... For Healthy Bones



Healthy bones need physical activity as well as calcium, Vitamin D, phosphorus and magnesium. Weight-bearing exercise strengthens bones. Even with an adequate intake of calcium, children will not have good bone health if they do not do any weight-bearing exercise. Weight-bearing exercises are activities where the arms and legs bear the weight of the body. Examples include soccer, basketball, running and brisk walking. While activities such as swimming or biking are great for keeping fit, they aren't bone builders.

While physical activity is not a CACFP requirement, you have an opportunity to promote the development of healthy habits such as physical activity with children at your center. Here are some ideas: encourage outdoor play, promote active play such as running games, jumping, skipping, throwing and catching and kickball, create an obstacle course that children can climb over, under, around and through, play indoor games such as Duck, Duck, Goose and Red Light, Green Light or turn on the music and let the kids dance. Limit the amount of time children spend watching movies and playing video games.

Eat Smart. Play Hard.™ is an education campaign of the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS) to promote healthy eating and encourage physical activity in children and families. The primary target audience is children ages 2 to 18 who are eligible to participate in FNS nutrition assistance programs, their parents, and other caregivers. This national, long-term effort encourages them to adopt behaviors that are consistent with the Dietary Guidelines for Americans and the Food Guide Pyramid. Campaign messages focus on breakfast, healthy snacking, physical activity, and balancing eating and activity. In an effort to reach children in a fun and non-threatening way, Power Panther™ was developed as the Campaign spokes character. Power Panther™ travels across the country spreading messages like "Move More. Sit Less." and "Power Up with Breakfast," to motivate kids to make healthy choices.

For more information about Power Panther™ and the Campaign, contact FNS at (703) 305-2286. In addition, information about the campaign is available on the FNS web site at www.fns.usda.gov.

Which has the most

Vitamin D?

- 1) 3 oz tuna fish canned in oil
- 2) 1 whole egg
- 3) 1 cup Vitamin D-fortified milk
- 4) 1 Tablespoon cod liver oil

If you guessed 4, cod liver oil, you are correct! It is the best source of Vitamin D, providing 1,360 International Units (IU). The tuna fish comes in second with 200 IU per 3 oz serving, next is the Vitamin-D fortified milk with 98 IU per cup, followed by the egg which has 20 IU (Vitamin D is found in egg yolk).

You may have heard Vitamin D being referred to as the "sunshine vitamin". Exposure to the sun is an important source of vitamin D. 10-15 minutes of sunlight on the face and arms twice a week is usually enough to provide adequate vitamin D.

Vitamin D is needed to help our bodies use calcium to build healthy bones. Children need 200 IU per day and drinking 2 cups of Vitamin-D fortified milk daily would meet this need.

Menu Makeover

Have you looked at your menus lately? Could they use a makeover? Here are some things to consider when revising your menus:

- ✓ Are crackers limited to no more than once per week?
Try whole wheat pita bread, tortillas or bread sticks in place of crackers.
- ✓ Are whole grain foods served at least three times per week?
To be certain you are offering whole grain foods, be sure the first item on the ingredient list is the word "whole".
- ✓ Is fruit juice limited to no more than twice per week?
Offer fresh fruit in place of juice more often.
- ✓ Is fresh fruit offered at least five times per week?
Try some new fruit at your center — kiwi, mango, star fruit, pomegranates.
- ✓ Are fresh vegetables offered at least three times per week?
Remember that dark green and orange veggies provide the most vitamins.
- ✓ Is a Vitamin C-rich food offered daily?
Think citrus, red peppers, potatoes, melons, broccoli and cabbage.



Why are Income Affidavits so Important?

Sponsors of daycare centers always want to know what can trigger a fiscal action during a review. One of the (most common) areas that will trigger a fiscal action is income affidavits that are not completely or accurately completed. Income affidavits that are not correctly completed could result in a substantial fiscal action for a child care center. First of all, income affidavits must have the correct fiscal year at the top of the form. When a child(ren) is being categorized by income, parts 1, 3 and 5 must be completely filled out. When a child(ren) is being categorized by DES status, parts 2 and 5 must be completed properly. One thing to remember when completing part 2, the case number is either 5 or 7 digits. In addition, parents sometime either place their social security number or the number on their EBT card as their case number. If a parent does not know his or her case number, they can contact their DES caseworker to get it. If a parent has foster children, parts 4 and 5 should be completed. When completing part 5, it is important to remember that the social security number of the person signing the form must be included in the space provided. If, for any reason, this person does not have a social security number, the word "NONE" should be placed in the space provided. It is the sponsor's responsibility to follow up on a monthly basis to find out if a social security number has been obtained. Last but not least, a parent letter must be included on the back side of the income affidavit. Once the completed income affidavit has been returned, the sponsor **MUST** sign and date the income affidavit at the bottom. This validates that the sponsor has reviewed the completed income affidavit and determined that it has been completed correctly. If any of the applicable areas are not completed, the income affidavit will be considered as incomplete and will be placed in the paid category. During a review, if income affidavits are moved from the free and/or reduced category to the paid category, the enrollment numbers submitted on your monthly claim will be altered. Once these numbers are altered and based on the number of income affidavits that have to be moved, this might result in a fiscal action. It is important to have someone review income affidavits to ensure they are completely and correctly filled out. Contact your CACFP specialist should you have any questions on how income affidavits should be completed.



Compliance Concerns

MEDICAL STATEMENTS

Do you have medical statements on file for children attending your center who have food allergies? In order to claim children who receive substitutions for any of the components of a CACFP meal, a statement must be on file stating the foods to which the child is allergic, as well as what foods may be substituted. For example, if a child has a medical statement stating (s)he may not drink milk, but may have soy milk, your center must purchase soy milk in order to claim the meal served to that child. Without a medical statement, you may not claim the child if (s)he receives soy milk.

NEW STAFF?

Remember that training must be provided for all new staff. Directors, assistant directors or other administrators who will be involved in filing CACFP claims should attend our business track training. Cooks should attend our nutrition track training. Mandatory training elements for all centers include: meal pattern, meal counts, claims submission, internal review procedures, record-keeping requirements and reimbursement system. The training must be appropriate to the level of staff experience and duties. Staff who have attended the trainings offered by CACFP should provide training on the above topics to their staff. Information is available on our website: www.ade.az.gov/health-safety/cn/cacfp.

WHAT IS CREDITABLE CHEESE?

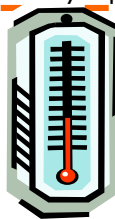
Cheese that is creditable on the CACFP includes natural or processed cheese, cheese alternates, cheese food or cheese spread (Velveeta, Cheese Whiz), Parmesan or Romano and cottage cheese. Refer to the Creditable Foods and Simplified Buying Guide (page 57) for more information. Keep in mind that for cheese food, cheese spread or cottage cheese, you must double the portion size. Canned cheese sauces are not creditable unless there is a CN label. Cream cheese is not creditable. Kraft American Singles are no longer creditable on CACFP. This is because their label has changed from "cheese food" to "cheese product" which is not creditable.

Safety Stuff

Accurate food thermometers are the only way to determine the internal temperature of food. Are yours properly calibrated? A simple method to calibrate a food thermometer is to use the ice-point method. This method cannot be used if the thermometer cannot register a temperature of 32° F.

1. Fill a glass with crushed ice. Add water until the glass is full.
2. Place the thermometer in the center of the glass of ice water, not touching the bottom or sides of the glass.
3. Agitate the glass of ice water to assure even temperature distribution throughout. Wait until the indicator stops.
4. The temperature should register 32° F.

If it does not, adjust the calibration nut by holding it with pliers or a wrench and turning the face of the thermometer to read 32° F. If using a digital thermometer with a reset button, adjust the thermometer to read 32° F while the metal probe is in the ice water, or replace the battery.



Certified Food Safety Manager Exam

A new class and exam have been added to the schedule and will take place Tuesday and Wednesday, August 29 and 30, 2006



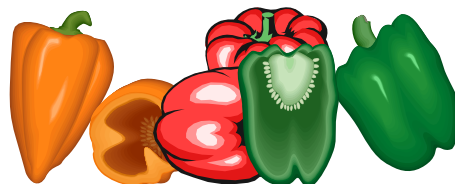
Did you know that bell peppers are actually fruits that are in the same family as tomatoes, potatoes and eggplant? They are a better source of vitamin C than citrus fruits, offer a variety of flavors and come in a rainbow of colors, including green, yellow, orange, red and even purple. Red peppers are also an excellent source of vitamin A. Bell peppers are available all year, but are more plentiful and less expensive in the summer. Why do bell peppers come in so many different colors? The variety of pepper and stage of ripeness determine both the color and the flavor of each pepper. Green peppers are picked before they are ripe and have a slightly sharp flavor. As the pepper matures, it becomes sweeter and turns red, yellow or other colors depending on the variety. Red and yellow peppers have three times as much vitamin C as the green varieties. It is easy to add peppers to your menu. You can serve them with dip for appetizers, use them to add color to salads, pastas and Chinese or Mexican dishes, include them on a veggie tray or stuff them with rice and bake them. Florida and California produce most of the domestic crop of bell peppers, while most imported peppers arrive from Mexico. When purchasing peppers, look for firm skin with no sunken areas or black spots. Store unwashed peppers in a plastic bag in the refrigerator. Green peppers will stay fresh a little longer than yellow or red varieties.

One cup raw red pepper provides 40 calories, 0g fat, 1g protein, 10g carbohydrate, 3g fiber, 0.41 mg iron, 2205 IU vitamin A, 283mg vitamin C, 8 mg calcium and 6 mcg folate.

Three Pepper Salad

- 1 red sweet pepper, cored and seeded
- 1 yellow sweet pepper, cored and seeded
- 1 orange sweet pepper, cored and seeded
- 1 small sweet onion (Walla, Walla, Vidalia), peeled
- 1/4 c chopped fresh parsley or basil leaves
- 1 Tbsp rice vinegar
- 1 Tbsp sesame oil
- Coarse salt and freshly ground black pepper

Slice peppers and onion into matchstick-size pieces and place in large bowl. Add parsley or basil. Sprinkle with coarse salt and pepper. Add rice vinegar and sesame oil, stirring to mix well. Cover and refrigerate approximately 1 hour before serving.



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1535 West Jefferson Street, Bin # 7
Phoenix, AZ 85007